

Postoperative Advice

Dermatology Department

Date: ____ / ____ / ____

Procedure: _____

Stitches

You have ____ stitches. Please make an appointment with the nurse at your GP practice to have these removed in ____ days.

Date: ____ / ____ / ____

Wound care

Keep the wound dry and covered for 2 days. After this remove the dressing and gently clean the area with cooled boiled water. Apply Vaseline twice a day directly onto the wound to help healing for 5 days.

Pain relief

The anaesthetic effect will wear off after 2 - 4 hours. After that you may need to take plain Paracetamol if the wound is painful. We suggest that you avoid Aspirin, Anadin or Ibuprofen as all of these can increase the risk of bleeding.

Bleeding

It is not uncommon to get a small amount of oozing from the wound. If it does bleed persistently, lie down and press constantly on the wound for at least 15 minutes.

Infection

If the wound becomes infected, you will notice increased pain, swelling and redness. This may appear 2 -7 days after the procedure. Please contact your GP if you are concerned.

Exercise

Strenuous exercise is not recommended for at least 4 weeks after your procedure. If you have any queries do ask your doctor or contact the Adviceline.

Scar care

As part of the early healing process, initially scars are often red and lumpy. This gradually improves with time. Firm massage with Vaseline for 10 minutes a day will help to improve the appearance of the scar. Scars can sometimes thicken several weeks after surgery, especially on the upper body, upper arms and earlobes, but this can be treated if necessary.

Follow-up

We will write to you and your GP with your results within 4-6 weeks.

If you need further advice please contact the Dermatology Secretaries or the Adviceline:

Dr Vaughan-Jones
01932 723720

Dr Barkham / Dr Williams / Dr Stavrakoglou
01932 722234

Dr Roest / Dr O'Gorman-Lalor
01932 722748

Dr Kumar / Dr Roest / Dr Stavrakoglou
01784 844532

Dermatology Adviceline **01932 722298**

Please note we monitor our postoperative infection rates. If your GP treats you for an infection in your wound, please let us know so that we can improve our service.

Thank you.

